

## Original Article

# Spiritual Well-Being and Life Satisfaction in Pregnant Women: The Mediating Role of Social Support

### Abstract

**Introduction:** Life satisfaction is considered one of the basic concepts related to health, which is influenced by various factors including spiritual well-being. The purpose of this study was to investigate the relationship between spiritual well-being and life satisfaction in relation to the mediating role of social support in pregnant women referred to Qazvin health-care centers, Iran. **Methods:** This cross-sectional study was conducted in 2018. Participants were 160 pregnant women referred to Qazvin health-care centers to receive prenatal care. Two-step sampling was performed considering the health-care centers as clusters. Questionnaires of demographic characteristics, Diener Life Satisfaction scale, Vaux Social Protection scale, and Dehshiri Spiritual Well-being scale were used to gather data. Data were analyzed using the Pearson's correlation coefficient test and mediation analysis via the SPSS software. **Results:** Life satisfaction was significantly correlated with spiritual well-being ( $r = 0.38$ ) and social support ( $r = 0.39$ ). In addition, there was a positive and significant relationship between spiritual well-being ( $r = 0.43$ ) and social support ( $P < 0.01$ ). Given the significant relationship between life satisfaction, social support, and spiritual well-being, and taking into account the mediating role of social support, spiritual well-being ( $b = 0.035$ ) had an indirect effect on life satisfaction ( $P = 0.01$ ). **Conclusion:** Social support can positively and meaningfully improve the relationship between spiritual well-being and life satisfaction in pregnant women. Therefore, interventions for the promotion of spiritual well-being and life satisfaction in pregnant women should take into account the role of social support.

**Keywords:** Life satisfaction, pregnancy, social support, spiritual well-being

### Introduction

Pregnancy is one of the most important, critical, and yet valuable periods in every woman's life. The physical, mental, and psychological health of the woman during pregnancy can have significant effects on fetus health and success in childbirth and lactation.<sup>[1]</sup> Pregnant women is one of the most sensitive groups in the society who can create many physiological and biological changes during pregnancy. They are subject to physical, psychological, and social changes, and their physical and emotional needs can increase. In addition, during pregnancy, physical, psychological, and social health and overall quality and life satisfaction of pregnant women are subject to many changes.<sup>[2]</sup>

In other words, the mental health of pregnant women has a great impact on the health of the fetus. A lack of attention

to the pregnant women's mental state can have serious consequences. For example, depression in a pregnant mother can cause stillbirth, suicidal ideation, and probability of low weight. In addition, mental health disorders prevent pregnant mothers from taking full care of themselves and the fetus, which can disrupt women's ability to play their daily life roles, as well as their satisfaction, quality of life, and mental health.<sup>[3]</sup>

Life satisfaction is believed to associate with social, economic, family, and personal factors. Any discrepancy between goals, desires, and needs, often due to certain issues and problems, leads to dissatisfaction. Nowadays, more than ever, tensions endanger mental health and life satisfaction. In such a situation, some factors can prevent such injuries to the human being.<sup>[4]</sup> One of the basic concepts associated with health, quality of life, and satisfaction is spirituality, which has been studied by researchers as spiritual

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Received: 22 February, 2019.

Revised: 27 May, 2019.

Accepted: 08 June, 2019.

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Access this article online

Website: [www.shbonweb.com](http://www.shbonweb.com)

DOI: 10.4103/SHB.SHB\_11\_19

Quick Response Code:



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How to cite this article: Niaghiha M, Baglooei MM, Mafi M, Taherpour M. Spiritual well-being and life satisfaction in pregnant women: The mediating role of social support. Soc Health Behav 2019;2:83-8.